

# 2008-2009 Physical Education Yearly Plan:

## **August:**

- Class Expectations
- Point Chart
- Clothing/Footwear

### **K – 1:**

Locomotor Skills and Movement  
Level Movement  
Spatial Awareness  
“Partner Switch”  
“Tunnel Tag”  
“Cats in the Corner” (1-2)  
“Shake Tunnel Tag”

### **2 – 5:**

“Getting to Know You Bingo”  
“Bean Bag Tag”  
“Pac Man”  
“Criss Cross”  
“Chicken Baseball”  
4 - Square  
Tetherball

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## **September:**

### **K – 2:**

“Musical Hula Hoops”  
“3 Finger Tag”  
Locomotor Skills Test  
“You Are Free Tag”  
“Please Pass the Chicken”  
Soccer Skills (2)  
“Stun Bug Tag”  
“4 Corner Tag” (1-2)  
Relays  
Bean Bag Skills (tossing & catching)

### **3 - 5**

Written Test  
4-Square/Tetherball  
“Around the World”  
Soccer Skills/Stations  
“Aerobic Soccer Bowling”  
“Team Soccer Bowling”  
“Untie My Knot”  
“Gotcha”

## **October:**

### **K – 2:**

“Aerobic Soccer Bowling” (1-2)  
“Soccer Dodge” (2)  
Bean Bags cont. (K-1)  
“Team Soccer Bowling” (2)  
“Bean Bag Tag”  
“Bean Bag Hockey”

### **3 – 5:**

“Aerobic Soccer Bowling”  
“Soccer Dodge”  
“Soccer Kickball”  
“Soccer pinball”  
Soccer Skills Assessment (2-5)

### **K -5:**

Overhand Throw  
“Clean Up Your Backyard” (K-2)  
“Pick and Choose”  
“Move the Mountain”  
“ Ghostbusters”  
Overhand Throw Skill Assessment  
“Trick or Treat Tag Game”  
“Halloween Spelling Game” (relay)

Stations (beach ball set, paddle striking, hula hoops, jump ropes, bean bag board, exercise dice, velcro target, soccer goal, bocce)

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## **November:**

### **K -5:**

Stations (hula hoops, exercise dice, target toss, basketball shooting, stability pads, soccer goal, wall volley, bocce, wobbler)  
“Concentration” (relay game)

### **K – 2:**

Balloon Striking  
“Bean Bag Shuffle” (K-1)  
“Thanksgiving Tag”  
Peacock Feathers  
“Ups and Downs” (mini cones)

### **3 -5:**

Volleyball Skills  
Volleyball Stations  
Volleyball Rotation, Rules, Strategy etc.  
Volleyball Matches

## **December:**

### **K – 2:**

Ups and Downs  
Peacock Feathers  
“Lucky 13 Relay Card Game”  
Scooter Safety/Relays  
Scooter Tag  
“Grinch Game” (scooters)

### **3 - 5:**

Volleyball Matches  
Written Test  
Scooters  
Scooter Tag  
Scooter Hockey  
“Grinch Game” (scooters)

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## **January:**

### **K – 2:**

Jump Rope Intro.  
Hula Hoops  
Ball Handling Skills (K-1)  
Reducing Space  
Partners toss & catch  
Toss & catch contest (step back)  
“Freeze Tag”  
“Oscar’s Garbage Can”  
Magic Hands Tag”

### **3 - 5:**

Jump Rope Intro.  
Hula Hoops  
Basketball Skills (2-5)  
Team “21” (shooting)  
“Star Drill”  
“Chest pass – bottle cap Push”  
“Ambassador”  
“Across the Lava Field”

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## **February:**

### **K – 5:**

Gymnastics:

Safety, Balance, Stretching, Positions, Rolls, Partner cooperatives and challenges (2-5), Parallel bars, Balance Beam, Jump Ropes, Mat skills (cartwheel, round off, backward roll, 2-5), Vault.

Skills assessment

Climbing Ropes:

Safety, Footgrip, Climbing, Elevator, Monkey hang, Arm hang, Tarzan swing, Alligator pit, Pony swing, Twister, Double rope stunts, Tarzan Traverse (2-5)

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## **March:**

### **K – 1**

Safety, Stations  
Basic jump (both feet same time)  
Backward  
One foot  
Long Ropes  
See Saw  
Snake  
Waterfall  
Helicopter  
Skip Hoppers  
Hula-hoop jumping  
Skill assessment

### **K – 5:**

#### Jump Rope Unit

### **2 - 5**

Basic jump  
Bell  
Skier  
Box  
One foot  
Backward  
Straddle  
Scissors  
Criss-cross  
180  
360  
Pop-up  
Jogger  
Can-can  
Wounded duck  
Straddle cross  
Side swing  
Long ropes (double dutch, eggbeater)  
Skill assessment = 10 skills (3-5)  
5 skills (2)

“ Jump Rope for Heart” (last week of unit)

## **April:**

**K – 5:**

Parachute unit:

Safety, Grip, Fruit Basket, Umbrella, Number Exchange, Popcorn, Mountain

Timed Run (Field Day Running Groups)

Tug –O- War Practice

Golf Unit:

Safety, Grip, Stance, Parts of the Club, Putting (targets in the gym)

Hitting Outside, Safety, Stance, Grip, Swing, Follow Through (targets outside)

“Mini” Field Day Stations (gym):

Hula-hoops, Jump ropes, 3-Legged, Long Jump, Mini- tug,  
Buddy Walkers, Frisbee Bull’s-eye.

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## **May:**

**K – 5:**

Field Day Month: Practice Field Day Events – Class choices on favorite activities. End of Year Video (Mr. Malik)